

JOINT PAIN TRACKER

Psoriatic Arthritis Daily Log

Name:

Week Of:

Date / Time	Location (Joint)	Pain Level (1-10)	Symptoms	Morning Stiffness
		1510	Swelling	Minutes:
			Redness	_____
			Heat	
			Pitted Nails	

Weekly Notes & Medication Changes:

Record skin flare-ups, fatigue levels, or response to biologics/MTX here...

This chart is for personal tracking only and should be shared with your Rheumatologist during appointments.